

## **AMENDMENTS TO THE CLAIMS**

This listing of the claims will replace all prior versions, and listings, of claims in the application:

### **Listing of Claims:**

Claims 1-12. (Canceled)

13. (Currently amended) A method for ~~improving physiological motor functions,~~  
~~characterized in that~~ reducing muscular fatigue, comprising administering proanthocyanidin  
~~is administered to a human being in an amount effective to reduce muscular fatigue.~~

Claims 14-15. (Canceled)

16. (Currently amended) A method for ~~preventing and improving~~ reducing  
muscular fatigue, characterized in that comprising administering a health food containing  
proanthocyanidin as an effective ingredient ~~is administered to a human being.~~

17. (Currently amended) The method for ~~preventing and improving~~ reducing  
muscular fatigue according to claim 16, wherein the health food is a solid food, a gel-formed  
food or a beverage.

18. (Currently amended) The method for ~~preventing and improving~~ reducing  
muscular fatigue according to claim 17, wherein the beverage is a refreshing beverage or a  
tea beverage.

19. (Currently amended) The method for ~~improving physiological motor~~  
~~functions~~ reducing muscular fatigue according claim 13, wherein ~~there is used the~~  
proanthocyanidin is contained in a form of tablet, pill, capsule, granule, powder, diluted  
powder or liquid.

20. (Currently amended) The method for ~~preventing and improving~~ reducing muscular fatigue according to claim 16, wherein ~~there is used the~~ proanthocyanidin is contained in a form of tablet, pill, capsule, granule, powder, diluted powder or liquid.

21. (Currently amended) The method for ~~improving physiological motor functions~~ reducing muscular fatigue according to claim 13, wherein proanthocyanidin is an extract derived from pine bark.

22. (Currently amended) The method for ~~improving physiological motor functions~~ reducing muscular fatigue according to claim 13, wherein proanthocyanidin is an oligomeric proanthocyanidin.

23. (Currently amended) The method for ~~preventing and improving~~ reducing muscular fatigue according to claim 16, wherein proanthocyanidin is an extract derived from pine bark.

24. (Currently amended) The method for ~~preventing and improving~~ reducing muscular fatigue according to claim 16, wherein proanthocyanidin is an oligomeric proanthocyanidin.

Claims 25-36. (Canceled)

25. (New) The method for reducing muscular fatigue according to claim 13, wherein lactic acid buildup upon physical exercise is reduced.

26. (New) The method for reducing muscular fatigue according to claim 16, wherein lactic acid buildup upon physical exercise is reduced.